



**For Immediate Release**  
**Mailing Date: Tuesday, July 23, 2002**  
**Contact: Meghan Walsh, Office of the County Executive**

### **Caregivers Get Support**

Waukesha, WIS. –Waukesha County's Department of Senior Services started the Caregiver Support program through an Older Americans Act grant last January to provide the supportive programming needed for families caring for older family members and to ensure that these caregivers maintain healthy lives.

The Department of Senior Services Director Cathy Bellover said, "The staff has always been concerned about caregivers. This grant gave us the ability to start some very exciting services for them."

The program offers caregivers access to resources and offers guidance and instruction on care options, the importance of self-care and problem-solving techniques.

A resource library was created to supply caregivers with over 700 books, videos, cassette tapes and demonstration items on assorted topics and health conditions. Items can be loaned for a one-month period.

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“The library materials have been particularly helpful to caregivers and professionals,” said Bellovary. “They are actively using the resources available.”

Respite care is offered to provide caregivers temporary relief from their responsibilities. It can be in the form of in-home care, adult day care, or institutional care for an occasional overnight stay or on an emergency basis.

The department also offers benefits counseling to assist caregivers with questions about Social Security, Title 19, insurance, reverse mortgages and taxes, and has created alliances with local health care agencies to provide health screenings, bathing assistance, medication management and dental services.

Partnerships have been established with local organizations to help caregivers with grocery shopping, lawn mowing, snow shoveling, housekeeping, meal preparation and specialized transportation.

In addition, the program subsidizes information, assistance, supportive programming and respite care to grandparents raising their grandchildren.

“We have received positive feedback from the caregivers that use our services and programs,” said Bellovary. “They are relieved to know that they are not alone.”

A conference will be held for caregivers and the professionals that guide them on Friday, September 27, at the Country Inn Hotel & Conference Center, from 8 a.m. to 2:15 p.m. Pre

registration is required.

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Aimee Henry, a department social worker said, “The Caregiver Conference will help empower them as they navigate through their journey with information and assistance on supportive programming. Our goal is to help caregivers thrive rather than survive and an emphasis on self-care will enable them to do just that.”

The cost is \$15 for caregivers and \$35 for professionals, which includes three sessions with various workshops and the materials needed to participate, a continental breakfast, a luncheon, access to educational exhibits and interactive opportunities.

For more information about the program or the conference, please contact Aimee Henry in the Department of Senior Services at (262) 548-7828.

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